

## Creamy Snowflake Tomato Soup with Croutons

Children love tomato soup, as much for its rich color as for its tangy sweet taste. Add croutons and snowflake-shaped garnishes, and you'll be ladling extra helpings!

### Ingredients:

- ✿ 4 slices whole-wheat bread, cut into  $\frac{1}{2}$  inch cubes
- ✿  $\frac{1}{4}$  teaspoon garlic salt
- ✿ 2 teaspoons olive oil
- ✿ 1 large onion, finely chopped
- ✿ 2 stalks celery, finely chopped
- ✿ 1 garlic clove, minced
- ✿ 4 cups canned low-sodium tomatoes packed in juice
- ✿ 2 cups low-sodium chicken broth
- ✿  $\frac{1}{2}$  cup fat-free sour cream, plus extra for garnish
- ✿ Salt and pepper to taste

### Directions:

1. Preheat oven to 350° F.
2. Place bread cubes on a baking sheet and spray lightly with olive oil cooking spray. Turn and spray lightly to coat other side. Sprinkle with garlic salt.
3. Bake croutons until crisp, about 8 minutes. Set aside to cool.
4. Heat olive oil in a medium saucepan over medium-high heat.
5. Add onion and celery and sauté until soft, about 5 minutes.
6. Add garlic and cook until fragrant, about 1 minute.
7. Add tomatoes (with their juice) and chicken broth and bring mixture to a boil. Reduce heat and simmer for 5 minutes.
8. Using an emersion blender (or a food processor or blender), puree mixture until smooth.
9. Stir in sour cream. Ladle into soup bowls and draw snowflakes with reserved sour cream.
10. Serve with croutons on the side.

Makes 8 servings.

**REMINDER TO SELF:** Ask parents if children have any food allergies!

